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DEC 29 2006

AMENDMENTS TO THE CLAIMS:

Cancel claims 2-7 and add new claims 8- as follows:

1. [original] A processed, ready-to-eat food item comprising a protein source, a fat source and a carbohydrate source, wherein the total carbohydrate content of the food item is greater than about 45% by weight, and the glycemic index of the food item is lower than 50 (71).

2-7. [cancelled]

8. [new] The food item of claim 1 which does not include a rapidly absorbed carbohydrate.

9. [new] The food item of claim 1 wherein the carbohydrate content comprises inulin, and does not include a starch.

10. [new] The food item of claim 8 wherein the carbohydrate content exceeds 50%.

11. [new] The food item of claim 8 wherein the carbohydrate content exceeds about 55% and the glycemic index is lower than about 40(57).

13. [new] The food item of claim 11 wherein the glycemic index is less than about 35(50).

14. [new] The food item of claim 1 wherein the protein source comprises one or more of soy protein, whey protein and casein, or mixtures thereof.

15. [new] The food item of claim 8 wherein the carbohydrate source comprises one or more of fructose, inulin, barley and cherries, or mixtures thereof.

16. [new] The food item of claim 15 comprising a mixture of the following ingredients in the weight percentage range indicated:

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12/29/06

Toasted soy pieces	15% to 25%
Inulin	5% to 15%
Toasted barley flakes	5% to 10%
Dried cherries	0% to 10%
Soy nuggets	0% to 5%
Whey isolate	0% to 5%
Calcium caseinate	0% to 5%
Plum Puree	10% to 20%
Almond paste	5% to 20%
Liquid fructose	5% to 20%
Agave nectar	5% to 20%
Glycerine	0% to 10%
Flavour	0% to 5%

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